



Our Organizations ARE HERE TO SUPPORT OUR Lower/Outer Cape COMMUNITY

(This is not meant to be an inclusive list; each organization listed can refer you to other resources you might need. All services are free and confidential.)

IF YOU NEED ASSISTANCE WITH.....

Food:

- **Family Pantry of Cape Cod** is providing drive up services to all who need assistance at 133 Queen Anne Rd. Harwich on the following days/times:
 - **Tuesday:** 10-3:30
 - **Wednesday:** 10-12 noon
 - **Thursday:** 10-3:30; 5-7 pm
 - **Saturday:** 10-12 noon
 - **Questions? Call 508-432-6519** or www.thefamilypantry.com
- **Lower Cape Outreach Council** provides drive up services-prepackaged bags and curbside pick-up in each of the 8 towns on different days.
 - **Monday:** 10-12; 19 Brewster Cross Rd, Orleans
 - **Tuesday:** 10-12 United Methodist Church, Orleans
 - **Wednesday:** 10-12 United Methodist Church, Provincetown;
1-3pm St. Christopher's Church, Chatham
 - **Thursday:** 10-12; Brewster Baptist Church;
10-12 St. Peters Lutheran Church, Harwich;
 - **Friday:** 10-12 United Methodist Church, Eastham
 - **For Food Deliveries or questions: 508-240-0694** www.lcoutreach.org
(Truro Pantry TBA)
- **Helping Our Women (HOW)** provides to go bags from their food and personal products pantry at 34 Conwell St., Provincetown for anyone in need: **Call 508-487-4357**
www.helpingourwomen.org

Emergency Funds and Financial Support Services:

- **Lower Cape Outreach Council** manages emergency financial assistance for the lower and outer Cape: **Call 508-240-0694**
- **Homeless Prevention Council** case managers and staff will assist those facing financial insecurity via thorough intake, connections with programs you may qualify for and referrals to any organizations that can help with unmet needs affecting self-sufficiency.
Call 508-255-9667 www.hpccapecod.org



- **WE CAN** provides Financial Empowerment sessions on budgeting, debt management and financial know how **Call 508-430-8111 or email info@wecancenter.org**
- **HOW** provides financial assistance for low-income women--from Provincetown to Eastham--living with chronic or life-threatening health conditions: **Call 508-487-4357**

Housing/Homelessness

Homeless Prevention Council staff and case managers can assist anyone facing housing instability and will help with emergency resources and applications for affordable/subsidized housing: **Call 508-255-9667 www.hpccapecod.org**

Small Business and Work/Legal Support

The Community Development Partnership offers these emergency services to small businesses on the Lower/Outer Cape: **Call 508-240-7873 ext. 18 or capecdp.org/local-business**

- One-on-one calls to owners regarding tactics for surviving the emergency.
- Weekly e-newsletter with updates on Federal and State assistance that is available to businesses.
- Assistance with applications for various emergency loan programs from the Federal and State Government.
- Holding Zoom conference calls with clients in the food industry, i.e. restaurants, food producers.
- **WE CAN** provides work and legal support services to community members experiencing challenging transitions: **Call 508-430-8111 or email info@wecancenter.org**
 - **Work and career support** including work-search, resume building, career/business related issues,
 - **Business support** for women owned businesses
 - **Legal issues** including family law, elder law, landlord-tenant, bankruptcy, etc,

Family and Health related Supports:

- **Cape Cod Children's Place** provides a range of services to help families through support, education and referrals; including community-based recovery resources.
Call 508-240-3310 or info@capecodchildrensplace.org
- **HOW** is a resource center for women living with chronic or life-threatening health conditions. They serve the Outer Cape community from Provincetown to Eastham with resource and referral; rides to medical appointments; phone meetings for support and financial assistance for low income women: **Call 508-487-4357**